



Banner Health®

Early Mobility and Safe Patient Handling

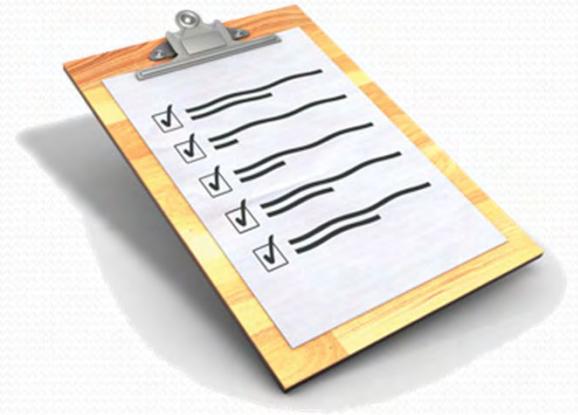
Expected Clinical Practice for the R.N.

**Early Mobility and
Safe Patient
Handling**

Learning Objectives

By the end of this presentation the learner will be able to:

- Demonstrate the ability to assess patients mobility status utilizing the *Banner Mobility Assessment Tool for Nurses, BMAT*.
- Demonstrate the ability to identify equipment options for safely mobilizing your patient.
- Identify the mobility level of your patient.



**Early Mobility and
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SPHM Equipment

Ceiling mounted total lifts



Floor based total lifts



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SPHM Equipment



**Mechanical
sit-to-stand**



**Non-powered
stand aids**



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SPHM Equipment

Repositioning sheet



Universal sling for total lift

Safety vest for sit-to-stand



Ambulation vest



Limb sling or Multi-strap

Learning the Patient Mobility Assessment

- Before you start mobilizing your patient, the RN must learn to properly assess how the patient mobilizes.
- Your assessment results will be posted on the slider outside the patient door, on the white board or another visible location as determined by your facility.
- Bedside staff will know what equipment may be needed for each patient.
- The patient mobility assessment must be completed and documented for EVERY patient on EVERY shift.

BMAT- Banner Mobility Assessment Tool for Nurses

1- Sit and Shake <ul style="list-style-type: none"> From a semi-reclined position, ask the patient to sit upright and rotate to a seated position at the side of the bed. Ask patient to reach across midline to shake your hand 	Pass- PROCEED TO STEP 2 Fail- MOBILITY LEVEL 1 *If your patient is on strict bed rest or has weight bearing restrictions, do not proceed with assessment= MOBILITY LEVEL 1	MOBILITY LEVEL 1 Total lift equipment should be used. Consider a total lift, friction reducing slide sheets or repositioning sheets.
2-Stretch and Point <ul style="list-style-type: none"> Ask patient to extend leg forward until it is straight at the knee. Ask the patient to point and flex his foot. Repeat with other leg 	Pass- PROCEED TO STEP 3 Fail- MOBILITY LEVEL 2	MOBILITY LEVEL 2 Powered Stand aid or total lift should be used. Total lift may be needed. Lateral transfer aids like roll board or slide sheet for bed mobility
3 -Stand <ul style="list-style-type: none"> Ask the patient to elevate off the bed or chair using an assistive device if needed. Patient should be able to raise buttocks off bed and hold for a count of five. 	Pass- No Assistive equipment needed- See Mobility Level 4 below Fail- Patient is able to perform task but requires some assistive devices.-MOBILITY LEVEL 3	MOBILITY LEVEL 3 Non-powered stand aid. Walker, Gait belt, cane, or crutches, or ambulation equipment may be used. Encourage independent bed mobility
4- Walk <ul style="list-style-type: none"> Ask the patient to march in place at bedside. Then ask to the patient to advance step and return each foot. 	Pass- MOBILITY LEVEL 4 MODIFIED INDEPENDENCE Fail- MOBILITY LEVEL 3	MOBILITY LEVEL 4 Modified Independence Use your best clinical judgment to determine whether supervision for ambulation is needed.

Mobility Assessment Level 1

Determine baseline assistive equipment used at home.

Sit and Shake

- From a semi-reclined position, ask the patient to sit upright and rotate to a seated position at the side of the bed.
- Ask patient to reach across midline to shake your hand.



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FAIL

Patient is unable to complete all tasks:

Patient is **MOBILITY LEVEL 1**

Total lift equipment should be used.

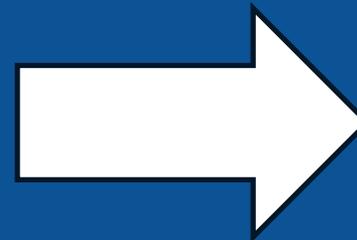
Consider repositioning sheet, slide sheets, or other lateral transfer assistance for bed mobility or bed to bed transfers

PASS

Patient is able to complete all tasks for level one:

Proceed to

ASSESSMENT LEVEL 2



Mobility Assessment Level 2

Stretch and Point

Ask patient to extend leg forward until it is straight at the knee.

Ask the patient to point and flex his foot.

Repeat with other leg.

* Patient must perform tasks bilaterally.



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FAIL

Patient is unable to complete all tasks:

Patient is **MOBILITY LEVEL 2**

Powered Stand aid or total lift should be used.

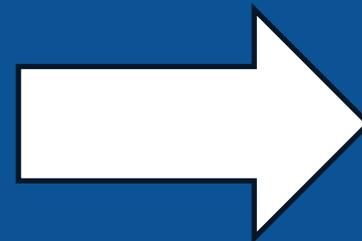
Lateral transfer aids for bed mobility and bed to bed transfers should be considered. Repositioning sheets, slide sheets and roll boards can be used. Begin encouraging patient to assist with bed mobility as tolerated

PASS

Patient is able to complete all tasks for level one and two:

Proceed to

ASSESSMENT LEVEL 3



Mobility Assessment Level 3

Obtain assistive equipment (walker, gait belt, cane) if needed.

Stand

- Ask the patient to elevate off the bed or chair using an assistive device if needed. Patient should be able to raise buttocks off bed and hold for a count of five.



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FAIL

If patient is unable to perform tasks or requires assistive devices to complete level 3 tasks:

Patient is **MOBILITY LEVEL 3**

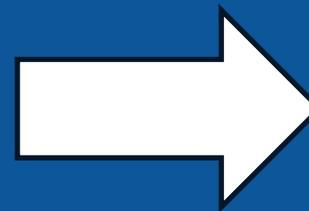
Non-powered stand aid. Walker, Gait belt, cane, or crutches, or ambulation equipment may be used.

Encourage patient to perform bed mobility and bed to bed transfers independently.

PASS

Patient able to complete all tasks with NO assistive devices required

Proceed to
ASSESSMENT LEVEL 4



Mobility Assessment Level 4

Walk

- Ask the patient to march in place at bedside.
- Then ask to the patient to advance step and return each foot.



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FAIL

If patient is unable to complete tasks of level 4 independently patient is

MOBILITY LEVEL 3

PASS

If patient is able to perform tasks of Level 4 Assessment patient has Modified Independence and is

MOBILITY LEVEL 4

No assistance needed to ambulate; use your best clinical judgment to determine need for supervision during ambulation

Getting Started

- Mobility assessment is the first step in mobilizing your patient.
- See your unit based Safe Patient Handling and Movement (SPHM) Champion, unit based educator, SPHM-Specialist, or RN Manager if you have questions or concerns.
- You will learn to use the equipment in hands-on training sessions.
- See your SPHM Department webpage for more resources.

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References

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